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Beyond the Mommy Years: How to Live Happily Ever After...After the Kids Leave Home

Carin Rubenstein

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Thirty million mothers between 40 and 60 years old are about to face childless households for the first time in decades. For some women, it is a lonely and confusing time; but for the vast majority, it's a journey of joy and discovery. Through intensive and wide-ranging original research, author Carin Rubenstein reveals how and why some mothers thrive and others do not. She breaks the post-motherhood launch down into three stages--grief, relief, and joy. If a woman makes it through to the final stage, friendships blossom, work thrives, and she develops a renewed sense of confidence and well-being. While in many instances, increased time together hastens the end of a struggling marriage, most women discover their relationships improve when children leave. BEYOND THE MOMMY YEARS offers fascinating research, helpful advice, and amusing anecdotes to the millions facing this uncertain but potentially enriching stage of life.

"An encouraging counterarguement to the idea that an empty nest leads to an empty life."--Library Journal

"Carin Rubenstein, PhD., nails it: Any woman worried about her post-car pool life should read this book."--Sally Koslow, mother of two sons in their twenties, and author of *Little Pink Slips*

"*Beyond the Mommy Years* bridges the knowledge void felt by so many moms after their children leave for college...A thoughtful discussion of the positive changes that lie ahead for mothers after our children are launched. While parenting never ends, this book provides moms with the tools to live a rich and full life."--Linda Perlman Gordon & Susan Morris Shaffer, co-authors of *Mom, Can I Move Back in with You?*

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surely will end up your mind friends. Imaging every word written in a publication then become one form conclusion and explanation this maybe you never get prior to. The Beyond the Mommy Years: How to Live Happily Ever After...After the Kids Leave Home giving you another experience more than blown away your brain but also giving you useful info for your better life in this era. So now let us teach you the relaxing pattern this is your body and mind will probably be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

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